



The face of **CANCER** *in IOWA*

The Burden of Cancer in Iowa and the Need for a Comprehensive Approach to Prevention and Control

The Report of the Comprehensive Cancer Control Study Committee – EXECUTIVE SUMMARY

In Response to the
Requirements of House File 726

January 2, 2002

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ACKNOWLEDGEMENTS

The Iowa Department of Public Health (IDPH) wishes to thank the many experts from the state's cancer prevention and control organizations and public health communities who gave so generously of their time in the preparation of the Comprehensive Cancer Control (CCC) Study Report. Without the knowledge, special insights, and perspectives of the individuals who served on the CCC Study Committee, this objective discussion of the issues surrounding comprehensive cancer control in Iowa would not have been possible. The names of these dedicated people are listed in the appended pages.

IDPH would also like to acknowledge the exceptional support received from staff at the State Health Registry of Iowa, Charles Lynch, MD, PhD, and Michele West, PhD, in providing data needed to conduct the CCC study. In addition, we thank staff from Strategic Health Concepts, Tom Kean, Erin McBride, and Karin Hohman, for providing guidance and direction in planning and implementing the study and for their work in preparing the report. Also, special thanks to Kathryn Sprecher for her assistance in completing the many tasks related to the CCC study and to Sue Joslyn, PhD, for serving as the technical writer for sections of the report.

In conclusion, the CCC Study Committee members and IDPH staff gratefully thank the Iowans, Don, Kate, Linda, Ron, Harold, Marshon, Tammy's family, and Nancy, who were willing to share thoughts and stories about their experiences with cancer. Thanks to these individuals, we now know the 'face of cancer in Iowa.'

EXECUTIVE SUMMARY

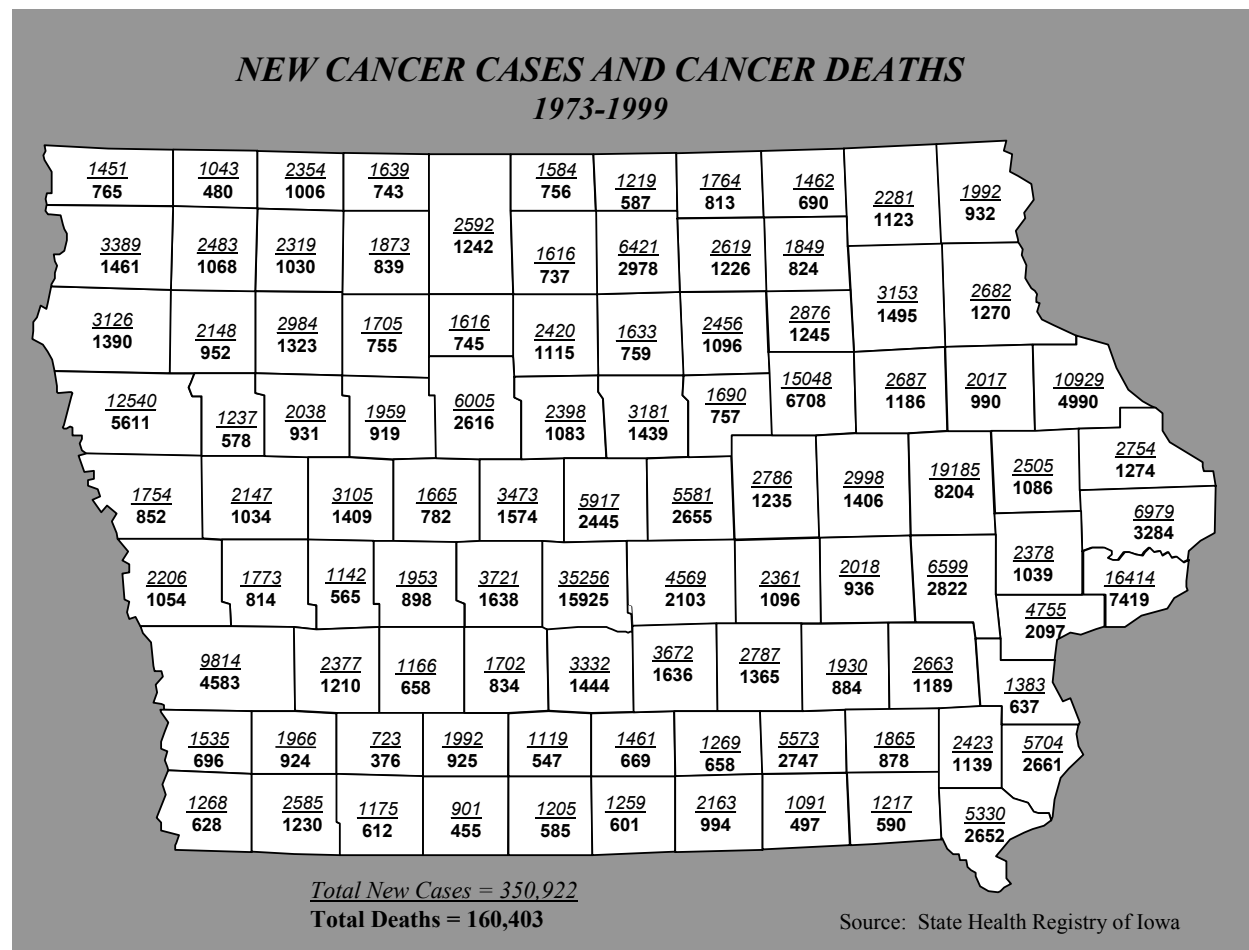
The Words We Fear

"You have cancer" are the words some 14,600 Iowans will hear during 2002. They will join 97,000 people in the state who are already living with the disease. And, by the end of the year, family members, friends and co-workers, will mourn the deaths of 6,300 Iowans from cancer. Tears will be shed, many will grieve, and the question will be asked; "Why can't we do something about cancer?"

As we will see, we can do something! We can do many things!

The Cancer Picture – Today

Cancer is the second leading cause of death in Iowa. It accounts for one out of every four deaths in the state; more than 160,000 people since 1973 (when Iowa began collecting cancer data through its registry). And, it touches every county in the state as seen in the map showing all new cancer cases and deaths in the last 26 years.



The four primary types of cancer that most affect Iowans are breast, colorectal, lung and prostate. Importantly, these cancers, plus, cervical, oral cavity and pharyngeal, and skin cancers, are addressed in the *Healthy Iowans 2010* cancer chapter as they are preventable or can be detected and treated with success in early stages. We can do something now to reduce the cancer burden in Iowa

The statistics below portray the number of new cases of cancer and deaths for several important cancer sites over the past five years. But, what these numbers really reflect are the many Iowans whose lives have been changed forever because of cancer. Each number means that a person had to make tough decisions about the kind of treatment to seek and even whether or not to treat the cancer at all. Each number reflects the patient and their family having dealt with physical, financial, emotional, and spiritual needs at the same time they were dealing with the medical aspects of the disease. Each number represents many people who worried about how much pain and suffering they might experience and if, how, when and where their lives would end. The statistics show the very large burden of cancer in Iowa, but it is in the individual stories and changed lives of patients and their families that the real burden of cancer will always be found.

THE BURDEN OF CANCER IN IOWA

1994 - 1999

CANCER SITE	DEATHS	NEW CASES
Lung & Bronchus	10,346	13,002
Colon and Rectum	4,682	12,545
Breast	3,046	13,128
Prostate	2,632	12,766
Bladder	824	4,065
Skin Melanoma	483	2,691
Oral Cavity & Pharynx (excludes lip)	367	1,545
Cervical	235	785

Source: State Health Registry of Iowa

The Cancer Picture – Tomorrow

Cancer occurs in people of all ages but more than 65 percent of all new cancer cases occur in those 65 and older. This is especially significant for Iowa as its older population will continue to grow in size each year. Currently, the state ranks 4th in the nation in its percentage of residents over age 65 years and 2nd in its percentage of people over age 85. With the aging of Iowa's population, the number of Iowans 65 and older will be 686,000 by the year 2025, compared to 436,000 in the year 2000, a 57% increase. This means that cancer will continue to grow as a burden on the people of Iowa if we don't make changes and do things differently. Now is the time to take action!

Cancer Risks in Iowa

Many Iowans are at risk for cancer. The population is aging. Adults are still smoking and Iowa's youth is using tobacco more than in past years. The number of young people and adults who are overweight or obese is growing at an alarming rate. And although many cancers can be found early through screening tests, the disturbing fact is that many Iowans fail to get screened because of fear, financial concerns, lack of knowledge and many other reasons. As this report shows, there are major gaps between what we know can work in reducing the burden of cancer and what is actually happening here in Iowa. Those gaps need to be closed – Iowans deserve it.

Doing Something About Cancer - NOW

Iowa is doing something about cancer! Iowa can do even more about cancer!

Based on the mandate of House File 726, passed by the legislature and signed into law by the Governor in 2001, a study of comprehensive cancer control (CCC) in the state has been completed by a Study Committee of experts from around the state. The Committee included individuals representing voluntary health organizations, professional associations, state and local public health departments, health care providers, health care payers, consumers, health educators, the state cancer registry, the Healthy Iowans 2010 cancer chapter team, and cancer researchers.

Using existing cancer data and researching cancer programs, services, and resources available within the state, the CCC Study Committee focused its attention on addressing bladder, female breast, cervical, colorectal, lung, prostate, skin melanoma, and oral cavity and pharynx cancers. This Executive Summary provides an overview of the full report. The full report discusses the overall burden of cancer on Iowa and provides a summary of each of the cancers mentioned above.

The report contains recommendations that are the basis for developing a statewide, comprehensive cancer prevention and control plan that will provide for increased collaboration and coordination of the many public, private and voluntary agencies throughout the state that can really make a difference in reducing the burden of cancer on our citizens. A truly comprehensive plan must identify how the following goals can best be accomplished, and who will play which roles in seeing that:

- Whenever possible, prevent cancer from even occurring;
- When cancer does occur, find it in its earliest possible stages;
- When cancer is found, treat it with the most appropriate therapy that is available; and
- The quality of life of cancer patients is the best it can be.

Taking Charge of the Future

In 1998, Iowa jump-started a comprehensive cancer control effort by developing a cancer chapter for the statewide report, *Healthy Iowans 2010*. This report contains information and recommendations which were useful to the Committee in its deliberations and which have been expanded upon to address other issues called for in the House File.

Recently, the State has secured federal funding from the U.S. Centers for Disease Prevention and Control (CDC) to convene organizations from across the state to develop a comprehensive cancer prevention and control plan over the next year. Completion of such a plan will assist the state in becoming eligible for federal funding to help implement the plan for a two-year period.

This Study Report outlines the burden that cancer places on our citizens and the state as a whole, and it clearly shows the gaps between where we are and where we could be in reducing the burden of cancer. The Committee believes that this Study forms a perfect starting place for the deliberations on a statewide, comprehensive approach to cancer control and thanks the Legislature for providing the impetus to carry it out.

The Committee also recognizes that it will take a dedicated and committed effort by many people across the state to develop a realistic and meaningful statewide plan for reducing the cancer burden in Iowa. In that regard, the Committee views the continuing involvement of the Legislature and the Executive Branch in this effort as crucial to making a long-term difference in the lives of our citizens affected by this disease. **The Committee respectfully offers the following suggestions for your involvement:**

- Continue your leadership on this important issue starting with an endorsement of the newly funded effort to develop a statewide plan for reducing the burden of cancer in Iowa based on this study;
- Actively participate in the statewide planning effort. This can be accomplished by appointing interested members from both houses of the Legislature and from both major political parties as well as Executive Branch representatives, to the planning group. Participation of the two government branches will provide an important perspective and new ideas that will help advance the effort;
- Openly and actively discuss cancer needs and issues with your constituents. It is important to hear from people around the state what their views of the cancer needs are in the state and what they think should be done to address them. The things you learn from these discussions will be invaluable to the statewide planning group and we encourage you to share what you learn with them;
- As various organizations promote cancer prevention and early detection or other cancer issues throughout the year, use the influence of your positions to encourage your constituents and the state as a whole to get involved in the fight against cancer in Iowa. This would include times such as national Colorectal Cancer Awareness Month (March), Cancer Control Month (April), Breast Cancer Awareness Month (October), and other appropriate cancer health observances months;
- Be sure to practice good cancer prevention techniques and have your cancer early detection tests when they are due. When you are affected by cancer, the state is affected. Your cancer-related good practices will help your constituents and others who need encouragement to overcome the barriers that keep them and the state from beating this disease;
- Promote cancer research in Iowa and the many people who participate in research programs throughout the state; and
- As the statewide cancer control planning effort develops responses to the recommendations in this study, carefully consider your opportunity and roles for solutions that support them.